

*NEWTOWN SENIOR CENTER NEWSLETTER*

Newtown Senior Center  
Director Marilyn Place  
14 Riverside Road  
Sandy Hook, CT 06482  
(203) 270-4310  
July –Aug 2017

**2017 ANNUAL SUMMER PICNIC AT HOLIDAY HILL  
STATEWIDE SENIOR OUTING**



**MONDAY AUGUST 21<sup>st</sup>**  
**9:00 AM to 4:00 PM**



**\$33.00 pp PRE-PAID BY AUGUST 11<sup>th</sup> (no later)**  
**9:00 TO 12:00**

**UNLIMITED BUFFET (ALL Day) INCLUDING:**

Donuts, assorted fresh fruit and cheese Danish, muffins, assorted bagels w/ cream cheese

**12:00 TO 2:00**

New England Clam Chowder, assorted fresh cheeses and crackers,  
fresh vegetable Crudités w/ dip

**12:00 to 3:00**

Cherrystone Clams on the Half Shell w/ a variety of condiments

**11:30 to 3:30**

Chilled relish tray, Hummel Hot Dogs, grilled 1/4lb Burgers, Cheeseburgers, Chicken,  
Italian Sausage w/ peppers & onions, Baked Beans, different kinds of Summer Salads,  
Summer Squash, Three Cheese Penne Pasta, Corn on the Cob

Ice cream ...apple pie....watermelon....



**DANCING AND SINGING WITH VINNIE CARR**

**BINGO GAMES ALL DAY LONG WITH PRIZES AWARDED TO ALL WINNERS**

**BOCCI HORSESHOES 9 HOLE MINI GOLF SHUFFLEBOARD PING PONG**

**HEATED POOLS WITH LIFEGUARDS ON DUTY ALL DAY**

**DON'T FORGET YOUR SWIM SUIT!**

**TRANSPORTATION PROVIDED ..... DEPARTURE AT 8:00 AM**

**RAFFLE WITH GREAT PRIZES**

**AVAILABLE ALL DAY, SODA, COFFEE, TEA, WATER, PUNCH, LEMONADE**

**Plenty of tables with umbrellas, so much to do , the day goes by fast.....**

**There's even canoeing, boating, and kayaking for the more adventurous! !!!**

**We will be taking the Centers van for the handicapped along w/ HARtransit Bus**

**Sign-up today....tickets go fast!**

**PLEASE NOTE: THE CENTER WILL BE CLOSED THAT DAY....NO CLASSES**

# Services

## **SweetHART BUS Telephone Numbers:**

For reservations (203) 748 2511  
Will call/cancellations /confirmation (203) 830 4399  
Comments/Questions (203) 744 4070

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## **FISH MEDICAL DRIVERS**

Transportation for medical appointments.  
Monday—Friday from 9:00 am-2:00 pm.  
Ambulatory disabled and/or seniors may call  
1-800-794-0034.  
Volunteer drivers always needed!

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## **BLOOD PRESSURE**

2nd Thursday of the month @ 1:00-2:00  
4th Wednesday of the month @ 1:30-2:30  
Get your blood pressure checked regularly.

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## **CHOICES**

**Area Agency on Aging**  
**1-800-994-9422**

Get answers to any Medicare problem or  
questions you may have—**FREE**.

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## **MEALSITE LUNCH PROGRAM**

The Newtown Senior Center hosts a congregate  
meal program Mon. through Thurs. A \$3.00  
donation is encouraged. No meals on Friday. Call  
to reserve your meal at least 3 days in advance at  
(203) 270-4310. Great menu's!  
You can pick up a menu at the front desk.

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## **Municipal Agent for the Elderly**

Ann LaBosco (203) 270-4330

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## **Newtown Meals on Wheels**

Nutritional meals (regular and special) are deliv-  
ered at reasonable cost. To inquire into becom-  
ing a meal recipient call Marilyn at 203-426-6340  
or Janet at 203-270-1960.

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**VNA LOAN CLOSET** M-F 8-4:30, Located at  
Social Services 3 Main Street.

**VNA THRIFT SHOP** Wed 12-3 & Sat 9-12  
located at 45 Main Street behind the Edmond  
Town hall.



## **CODE OF CONDUCT**

The Newtown Senior Center is a facility where people  
age 60 and older meet for the purpose of participating  
in social, recreational, educational and support service  
activities in order to enhance and enrich lives. Seniors  
have the right to expect their peers to act respectfully  
towards them and they have the responsibility to act  
respectively towards their peers. Seniors must conduct  
themselves appropriately, treat each other with courtesy  
and respect, and cooperate at all times in order to create  
a positive environment and sense of community within  
the Senior Center facility. Any senior who chooses not  
to adhere to this Conduct will be deemed to be in viola-  
tion of the policy. In any such occurrence, the Director  
of the Senior Center will make the determination of  
any action to be taken, to preclude recurrence.

**MISSION STATEMENT** The mission and purpose  
is to provide our older citizens with a place to gather in  
a friendly environment where they may participate in  
social, cultural and educational activities. To enhance  
independence, support mental, physical and social well  
being.

**GOAL** The Center's goal is to function as a focal  
point for providing the most needed community ser-  
vices to older people by forming co-operative linkages  
with community agencies and organizations; to provide  
activities and services that will promote well being of  
every aspect of community life.

## **NEWTOWN SENIOR CENTER PHILOSOPHY**

**We believe:** Older adults are individuals of dignity  
and self-worth with ambitions, capabilities and creative  
capacities; older adults seek continued growth and de-  
velopment; older adults need both access to sources of  
information and help for personal and family problems  
as well as opportunities to learn from individuals cop-  
ing with similar problems; older adults have the free-  
dom to voice their input regarding the center program-  
ming. **We will:** Create an atmosphere that acknowledges  
and affirms the dignity and self-worth of the older  
adult, maintaining a climate of respect, confidentiality,  
trust and support; create opportunities for older adults  
to apply their wisdom, experience, and insight, and to  
exercise their skills, assist other agencies and/or groups  
in serving older adults and provide opportunities for  
older adults to develop their potential as individuals  
with the context of the entire community. **We expect:** A  
welcoming reception for all who visit the Center;  
honest, courteous, and respect from all who participate  
in the Center and its activities; as well as adherence to  
the Code of Conduct and the rules and regulations of  
the Center.

**EXERCISE****HEALTH****FITNESS****Flex, Fit, and Tone with Marianne****Monday-Wednesday @ 10:00 Friday @ 10:30**

This is a conditioning class using weights, bands, and balls to strengthen and stretch your entire body. **Limited seating.**

**Yoga with Eileen Monday and Thursday at 1:00 pm**

Focus on stretching, strength, breathing and listening to your body in a peaceful state. Bring your mat and join Eileen. You'll thank yourself for it.

**Tai Chi with Sue Tuesday at 2:00 pm**

This class encourages balance, subtle flexibility, body awareness, improving stress reduction, balance and agility is the focus.

**Zumba Gold with Marianne Friday at 9:00 am**

No experience needed just love of music to motivate and move. Easy to follow fitness.

**Chair Pilates with Claudia Tuesday at 12:30 am**

Chair based fitness program which improves balance, and posture. Works spinal flexion, extension and side banding through different stretching positions. Increases strength and improves mood and energy with the fun and invigorating movements. **Class is limited to 18.** This is a new class and sign up is necessary to ensure a spot.

**Chair Yoga with Eileen Tuesday and Friday at 3:00 pm**

This is a great class and is geared for those who have knee and/or hip limitations. Helps with flexibility, strength and balance. Ends with meditation. You'll feel fabulous! **Class is limited to 18.**

**Strength Training with Claudia Thursday at 2:30 pm**

Come strengthen, shape and tone your whole body! Receive the individual attention that will help improve your ability to perform daily activities. You will learn proper form and technique when using handheld weights, bands, and balls. See improvement in your flexibility, balance, and posture as well. Weighted balls supplied by teacher. **Class is limited to 18.**

**Qi Gong w/ Susan****Tuesday 12:45-1:45**

These easy-to-learn gentle postures and graceful flowing sequences are based on traditional Chinese exercise. Qi Gong improves balance by toning and strengthening the muscles of the lower body as well as the core, and building better bone-density by practicing rooted weight-bearing postures. The body mechanics of Qi Gong also improve flexibility and range of motion. The harmony of breath and movement relaxes and unifies mind & body for a complete exercise program that enhances confidence, co-ordination and optimal good health.

**New England Community Barn Dance w/ Patricia Thursday 2-3pm**

Come join us for a Traditional Square & Folk Dancing- circle, square, & long ways dances (think of a Virginia Reel or dances from a Jane Austen movie). No partner necessary. Dancing benefits the mind and body!

**Morning Meditation w/Claudia****Tuesday 9:00-10:00**

Whether you're a first timer or have been meditating for years, this is a great way to start the day. Look up meditation and you'll find phrases like Stress benefits cardiovascular & immune health Improves concentration Slows aging Increases happiness, health & self awareness There are many ways to meditate. I hope we can take some time to discuss meditative practices, then take some time to practice meditation. It is my desire that this program evolve with the participants into a class that meets everyone's needs.

There is a variety of Fitness classes offered daily/weekly to Senior Center members. All classes are *limited* to a certain number due to room size capacity.

**Please note there are other classes and programs offered and at times some classes are cancelled due to special events.**



# Special Programs



## CULTURAL HISTORY SERIES

Special presentation by: Arthur Gottlieb LSCW, CSA

Declaration of Independence

Thursday July 6th @ 1:00

Reminder: No classes in session during this time...

**9th Annual Wii Bowling Invitational Tournament** Wednesday - July 26, 2017 Hosted & Sponsored by the Sullivan Senior Center "Lightning Strikes" 88 East Albert Street, Torrington, Ct 06790 9:00a.m. to 3:00p.m. Continental Breakfast and Afternoon Snack will be served Congregate Lunch available for a \$4.00 donation Advanced Reservations Required for Lunch Our Giant Raffle will be available to help fund the day! 8:15am depart

**CHAIR MASSAGE** w/ Debora Brockmeier LMT Monday July 31 11am to 1pm  
10 minute session each Call to reserve a spot @ 203 270-4310



**"Zach"** will continue entertaining us on the Piano during the Summer months ...soothing sounds of the oldies and some of his original pieces too! Thursdays @ 10:30am July 27th , Aug 10 & Aug 24th ! Zach will also be teaching us how to construct a **ORIGAMI** on July 13th Thursday @ 10:30 Come and enjoy this talented grandchild of one of our members! Information on dates will be place at the front desk .. ....



**Fran and Friends** Mondays July 3rd & 17th, 31st Aug 14th & 28th

"Music and laughter" following up every other Monday 2-3 . Join Fran and her traveling accordion for a sing along. If you play an instrument and feel comfortable enough....bring it along. It's fun to sing and play some good old Favorites with a group. You might say you don't have a voice, but together we all sound great! Join us! Get into the festivities! Call to sign up at the front desk...

**Mandala /Adult Coloring** Thursdays @ 1-2 and 3-4

Mandala is a complex, symmetrical or asymmetrical ornament that represents a microcosm of the entire universe. The basic form of most mandalas is a circle in which are depicted symbolic gates of the cosmos. Mandalas are commonly used as an aid to meditation and as an advanced anti-stress therapy. We have the books & colored pencils. Sign up at the front desk...

**"NEW"** calling all **Canasta** players on every Friday at 1:30 Sign up or stop by ....

Canasta is of the rummy family of games believed to be a variant of 500 Rummy. Although many variations exist for two, three, five or six players, it is most commonly played by four in two partnerships with two standard decks of cards. Or cut throat.

**Masonicare Annual Summer Picnic For Newtown Seniors Friday SEPT 15**



The catering staff will be serving a selection of delicious picnic foods including: fruit, cheese and crackers, creamy potato salad, fennel slaw, grilled chicken, seasoned burgers, franks, corn on the cob, home-style baked beans. Attendees will have the opportunity to enjoy the picnic amidst the beautiful surroundings of the outdoor patio. Plus a DJ for your entertainment. There is no charge to attend this event and will occur regardless of weather conditions. The Van will supply transportation from the Center and also pick up @ Nunnawauk Meadows .

Please sign up at our front desk {we need numbers for final count} &/ or call 203-270-4310

**PLEASE NOTE: THE CENTER WILL BE CLOSED THAT DAY.....NO CLASSES**



### Knitting Group w/ Jane

Meets every Friday at 12:00

Jane Sturgis has volunteered for over 10 years sharing her expertise and her love of knitting! A great time to socialize and/or finish/begin a project you always wanted to do. Very relaxing also.

### Inter Generational Fun

w/ CAC Children 10:00 to 11:30

Every 2nd Thursday a Themed Craft

Every 3rd Thursday a Themed Activity

Every 4th Thursday Volunteer to read

It's fun to see those little faces shine and hear their laughter. Rx for all!

Call to let us know if your interested to volunteer.

**Sign up..**

### Hot Dog Luncheon

Hot dog day luncheon July 21st & Aug 18th  
@12:00 noon Cost \$3.00 per dog.

### Iris Folding Cards with Marianne

Tuesdays @ 10:00

Iris Folding is a technique where folded strips of colored or patterned paper are layered in a spiral pattern behind a aperture. It is called "Iris Folding" because it resembles the iris of a camera. It's a fun way to make beautiful greeting cards. We have been making cards for years and sending them to our troops and now we are making the for residents at Masonic Care at Newtown and local daycare. Join this fun loving group and enjoy this creative craft.

### SPANISH LESSONS

Off for the summer...class resumes Sept 7th.  
Sign up for this exciting language class now!  
Circle your calendar experience something new!

Christmas in July we will be starting crafts on  
Weds @ 2:00 preparing for our Annual  
Bazaar Please sign up to help with crafts..



**KENO** 1st Wednesday each month @ 2:00

**BINGO** July 19th & Aug 9th Fun prizes!!

### MEN'S BREAKFAST CLUB

Meets the 1st Thursday of every month @ 9:00 am

What a nice way to start your day w/ some great  
coffee/tea and/or egg sandwiches mixed with meeting  
new or old friends \$2.00 Donation suggested.

Call to Sign up....

### NSC BOOK CLUB

2nd Wednesday of each month @ 3:00

Taking the summer off, will resume Sept 13th with  
"Hillbilly Elegy" By J.D Vance

### CIRCLE YOUR CALENDAR in 2017!!!!!!

The LUNCH BUNCH is in full swing !

**Captains Cove** July 7th Lv @ 11:30

**Port Jefferson** Aug 4th Lv @ 9:00



NSC van departs to a local restaurant and/or a neighboring town to explore and try out new places to dine. Call to join the group! Great Fun! 16 seats only  
Sign up at front desk.

### Movie & Popcorn....

"Clancy" July 5th @ 1:00

"Joy" Aug 16th @1:00



Come and enjoy a game of pool anytime!!

### ART in the Atrium at NSC

Tuesdays @ 10:30

Come join the art class every Tuesday from 10-12.  
Lynn Welsh teaches the class and will supply instruction in watercolor, oil and acrylic paint. Also available is charcoal, pastels, colored pencils and watercolor are welcome. Lynn Welsh is retired public school art teacher of 27 years and is a certified art teacher, certified recreation therapist, and a SCAN board member. Please come and enjoy..



## FRIDAY'S LUNCH AND LEARNS @ YOUR SENIOR CENTER

### Lunch & Learn

WCAAA Assistive Technology Center presents Gadgets & Gizmos Friday August 18th @ 12:00

To make your life easier the WCAAA Tech Center provides free, personalized or group demonstrations of assistive devices such as magnifiers, phone amplifiers, iPad, vibrating alarm clocks, smart pens and talking watches just to name a few. Please sign up at the front desk...

**Lunch and Learn Trips for 2018 Friday August 11 @ noon**

**w/ Richard Denno from Precious Moments Tours**

**Chinatown. Lil Russia, Ct Capital Tour, Botanical Gardens Holiday Train Show , Greek Astoria NY, Gourmet Chocolate Tour & many more....**

Richard has traveled and been a tour director for over 30 years. With his stories and expertise, he will inspire you to hop on the bus for one of these planned trips for 2018. Enjoy an afternoon and add some places you might like to see also. Call to reserve a spot.

### GAME NIGHT AND PIZZA

**Friday July 28 4:30 to 6:30**

**Friday August 25 4:30 to 6:30**

Canasta, Wii, Pokemo, Scrabble, Billards, Poker, Password, Farkle etc....whatever your choice is!

Cost: Bring a friend and have a good time



### TV Production Activity

**Learn How to create a local show right here at the Center!**

The staff of CTV-192 will be facilitating a group training for TV production.

In a regular session taught in 1 day a week for 4-5 weeks. Participants will be taken through the steps to create a show as a group activity. Sign-up to show you're interested in learning more (specific dates will be set once enough people have shown interest).

Production Class sign-up sheet is at the front desks

Dates are TBD.....

## TIME FOR OVERNIGHT TRIPS WITH NSC IN 2017

**WESTERN CARIBBEAN w/ Norwegian Cruise Line on the Norwegian Breakaway**

**Departs from NYC info at front desk**

**15 days/14 nights January 19 thru February 2, 2018 starts @ \$1,674**

**Ireland. Iceland & Scotland w/ Celebrity Cruises on the Celebrity Eclipse**

**11 days/10 nights May 10-20, 2018**

**Includes air flight from Bradley starts @ \$2,865pp**



**Canyon Country Experience, Zion National Park, Bryce Canyon, Grand Canyon Arches National Park, Capitol Reef National Park Las Vegas Oct 10-16 7 days and 6 nights.** \$2549 PP includes Flights to and from Bradley Airport, deluxe motor coach on tour, Professional Tour Manager upon arrival in Las Vegas, 6 nights 1st class hotels, 6 bkfts, 1 lunch, 4 dinners, sightseeing & admissions per itinerary.

**Trip booklets available at front desk**



# DAY TRIPS WITH NSC IN 2017



## **MOHEGAN SUN July 20 & Sept 14th @ 8:00 cost \$33.00 PP**

Includes :

Transportation, Casino Bonus, \$15.00 Meal coupon . \$15.00 Free Bet, Driver's Gratuity.

## **BLOCK ISLAND Beaches, Bluffs & Bays Tuesday July 25 \$137 pp**

**Includes:** Transportation, Roundtrip Ferry ride from Point Judith RI, Narrated Bus Island Tour, Complete luncheon @ The National Hotel, Gratuities.

## **“WHO LOVES YOU” Frankie Valli Aug 17th 2017 \$75pp 16 seats available on van**

The show consist of four young hot Broadway veterans recreating music and stories of the era.. Delicious family style lunch at the elegant Aqua Turf Club in Plantsville, CT.

## **“THE BOSTON POPS AT TANGLEWOOD” Saturday August 19 \$147 pp**

With Special guest Conductor John Williams

Enjoy dinner at one of our fabulous local restaurant. In the Stockbridge area, **CORK N'HEARTH** or **THE RED LION INN**, with a choice of a chicken or fish entrée. Includes Transportation, Complete Early Dinner, Reserved seat in the Music shed for The Boston Pops Concert, Drivers Gratuity.

## **LOBSTER FEAST and THE DON WHO? VARITY SHOW.. Aug 29th \$99.00**

This morning we will depart from your area to **The Log Cabin in Holyoke , MA.** Includes Transportation , Complete Luncheon & Show at The log Cabin. Drivers Gratuity. This beautiful facility overlooks the Pioneer Valley in Western Massachusetts and provides Fabulous entertainment programs. Sit back and enjoy Don Who? He can croon like Dean Martin and belt out a song like Elvis. This is an energetic, fast paced show that will have you dancing in your seat!



## **9/11 MEMORIAL AND MUSEUM Wednesday Sept 6 \$107 pp**

Includes: Transportation, Complete luncheon @ Carmine's, admission to 9/11 Memorial & Museum, Tour Director and Gratuities.

## **NEWPORT PLAYHOUSE & CABARET RESTAURANT LOBSTERFEST MATINEE**

Featuring the play **SELF-HELP** Sept 12th \$112.00 PP This dinner theatre is unique...you will enjoy a great buffet, a wonderful play and a fun filled cabaret .. Transportation ,Lunch Buffet and Show, Drivers Gratuity.

## **“A RAY OF ELVIS” Tuesday Sept 19th \$65.00pp Grand Oak Villa**

**16 seats available on van.**

Ray Guilemette Jr is one of todays leading premier Elvis Tribute Artists. Preforming with his live band.

## **THE BIG E Sept 20th \$56.00 PP**

**New England's Great State Fair,'** is the premier event each fall with nearly one million guests passing through the gates every September. Located in West Springfield, MA, it is ranked among the top fairs in the country. Th Big E encompasses a wide variety of events . Includes Transportation, Admission to the Big E, Drivers Gratuity.

Look for flyers at the front desk for all upcoming trips for complete info or refer to Trip Booklet

**NEWTOWN SENIOR CENTER  
14 RIVERSIDE ROAD  
SANDY HOOK, CT 06482**

**PRESORTED STANDARD  
U.S. Postage Paid  
Newtown, CT 06470  
Permit No. 1002**

The Mission of the Newtown Senior Center is to provide our older citizens with a place to gather in a friendly environment where they may participate in social, cultural and educational activities. And enhance independence, support mental, physical and social well being.



**THE CENTER WILL BE CLOSED**  
**Independence Day Monday July 4th**  
**Happy 4th of July...**



### **Senior Center Membership Dues**

**REMINDER.....IT IS THAT TIME AGAIN!**

**SUPPORT YOUR CENTER....WHERE SILVER IS GOLD !**

Registration fees for the fiscal year 2017-2018 are now due by July 1, 2017. Checks made payable to the Newtown Senior Center. Your membership puts you on our newsletter mailing list and entitles you to participate in our programs and activities. Membership is open to anyone 60 years old and/or 55 and disabled. You must come in and sign a new updated registration form. Membership is required to attend and participate in activities scheduled at the Newtown Senior Center. Members will receive a new membership card. We do not allow guests for paid teachers classes. There is a \$5 drop in fee.  
\$20 pp resident    \$25 pp non-resident

**NOTE : If you have an e-mail address and prefer to receive your Newsletter via e-mail , include that with your new registration. THANK-YOU**







## “NSC TRIAD”



Friday Sept 29 1:00 to 4:00  
“SHADES OF PURPLE”

### Guest speakers:

- Angela DeLeon Peoples Bank State coordinator of State of CT TRIAD
- Marilyn Place Director of Senior Services
- Officer MH McCarthy Newtown Police Officer
- Donna Culbert Director of Health , Newtown Health District
- Maureen Will Director of Newtown Communications
- Jennifer Crane Director of Newtown Center of Support and Wellness
- Ann LoBosco Director of Social Services
- Esma Ajruli State Dept. of Protective Services for the Elderly
- Arthur Gottlieb LCSW

TRIAD is a coalition of business, police, seniors citizens and volunteers working together to make a safer community for seniors. In 2003 Newtown became the 11th town in the State to partake in a collaboration with local law enforcement to create a safer community . This year topic .....”Shades of Purple” (Purple is the awareness color)

### Topics to be addressed:

1. Elder abuse
2. Bullying
3. Dementia

This will be a special educational/informative event. Each speaker will be discussing one of the seven signs and will be no more than 10 minutes long.

All of us can contribute so much to help our senior population from the seven signs of abuse:

1. Physical
2. Mental
3. Emotional
4. Neglect
5. Abandonment
6. Financial
7. Exploitation

This can be a “heavy” subject to some, but needed. We can make it “light” with so many of us supporting facts from professional experience.....Making a difference and helping our aging population. Awareness is and can be valuable to all seniors. There will be many hand outs and a raffle basket.

More info to be posted .....Refreshments to follow event.....circle your calendar.....reserve a seat.....

### **AARP Driver Safety Program**

**Friday Aug 18th @ 12:30—4:30**

**Please come with a signed check to hand to the front desk.**

This is a refresher course geared especially to your safety needs. Learn defensive driving techniques and to adjust your driving to age-related vision, hearing and reaction changes with up to date advances in car safety and features specifically available for older drivers. AARP has completely revamped this four hour class with new videos and workbooks taught by certified instructors. The course is fully supported by the State of CT and offers the same insurance benefits. The fee for the new course payable the day of by check made out to AARP will be \$15 for AARP members and \$20 for non-members. Call 203-270-4310 to reserve a seat.


CW Resources Senior Community Café

MENU ITEMS  
SUBJECT TO CHANGE

1% or Skim milk provided  
Margarine available

# July Menu 2017

\$3.00 SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3</p> <p>Apple Juice Cheeseburger Lettuce and Tomato LS Baked Beans Corn on the Cob</p> <p>Hamburger Roll</p> <p>Italian Ice</p>	<p>4</p> <p><b>Happy Fourth of July!</b></p> 	<p>5</p> <p>Chicken Scampi Linguini Broccoli with Red Pepper</p> <p>12 Grain Bread</p> <p>Citrus Selections</p>	<p>6</p> <p>Grape Juice Sloppy Joe Mashed Potatoes Green Beans</p> <p><b>Happy Birthday</b></p> <p>Hamburger Roll</p> <p>Birthday Cake</p>
<p>10</p> <p>Veal Picatta Mashed Potatoes Spinach</p> <p>Rye Bread</p> <p>Melon</p>	<p>11</p> <p>Eggplant Rolatini Meat Sauce Ziti Broccoli</p> <p>12 Grain Bread</p> <p>Fresh Peach</p>	<p>12</p> <p>N.E. Clam Chowder Unsalted Crackers Asian Chicken Salad with Chicken Strips, Mandarin Oranges, Sesame Seeds and Cucumbers Breadstick Grapes</p>	<p>13</p> <p>Salisbury Steak LS Gravy Egg Noodles Carrots</p> <p>Oat Bread</p> <p>Fruit Cocktail</p>
<p>17</p> <p>Grape Juice Grilled Orange Chicken Orange Sauce Sesame Noodles Winter Blend Veggies</p> <p>Whole Wheat Bread</p> <p>Tropical Fruit Cup</p>	<p>18</p> <p>Cranberry Juice Turkey Pot Pie Diced Potatoes Tuscany Blend Veggies</p> <p>Biscuit</p> <p>Oatmeal Cream Pie</p>	<p>19</p> <p>Asian Beef Strips with Ginger Sauce Brown Rice Oriental Blend Veggies Garden Salad Italian Dressing Pumpkin Bread</p> <p>Pineapple Chunks</p>	<p>20</p> <p>Chicken Vegetable Soup Unsalted Crackers American Goulash Scandinavian Veggies</p> <p>12 Grain Bread</p> <p>Fruited Yogurt</p>
<p>24</p> <p>Eye of the Round Mushroom Gravy Whole Potatoes Carrots</p> <p>12 Grain Bread</p> <p>Pineapple Chunks</p>	<p>25</p> <p>Grape Juice BBQ Pork Loin BBQ Sauce Red Beans and Rice Spinach</p> <p>Corn Muffin Vanilla Chocolate Ice Cream Cup</p>	<p>26</p> <p>Cranberry Juice Philly Cheese Steak Onions and Peppers Tri-Color Pasta Salad Broccoli Slaw</p> <p>Sub Roll</p> <p>Peaches</p>	<p>27</p> <p>Baked Fish Tartar Sauce Sweet Potato 3 Bean Salad</p> <p>Rye Bread</p> <p>Banana</p>
<p>31</p> <p>Beef Barley Soup Unsalted Crackers BBQ Chicken Sandwich Pasta Spinach Salad Mexi-Corn</p> <p>Hamburger Bun</p> <p>Fruit Cocktail</p>	  		

